

# PROGRAMS IN

# profile

## Jazzercise Rocks in Redmond

*Information contributed by Liz Chalmers*

**S**ix years ago, few would have guessed that a simple exercise program would turn into such a main draw for the Old Redmond

Schoolhouse Community Center. This class has generated so much attention that many of those who attend have been inspired to take advantage of other wonderful classes offered by the Redmond Parks and Recreation Department. These participants, many of whom would not regularly visit a City facility, also learn about City sponsored events such as the Outdoor Sculpture Garden or RedmondLights while visiting the Center.

In April 2000, Karmen Harris began teaching a dance aerobics/strength training class called Jazzercise. Her first class had a total of seventeen people—an unusually strong start for a new program. Before long, the class was bursting out of the auditorium and had to move into the gym. More morning classes were added. The second year saw a doubling in size and the addition of evening classes. Now in its sixth year, the Community Center hosts twelve classes per week, with nearly 400 participants. Why is this program so successful?

### Redmond Jazzercise

Old Redmond  
Schoolhouse  
Community Center  
16600 NE 80<sup>th</sup> St.

Information:  
425-898-1561 or [www.Redmondjazz.com](http://www.Redmondjazz.com)

Organizers say its first key to success has been its powerful yet fun workout with instructors who are knowledgeable and fun. Jazzercise combines aerobic dance with strength training, all performed to a wide variety of music styles, from funk, to Latin, to old Elvis tunes. The workout tones muscles; strengthens bones and enhances balance, flexibility, and agility.

The combination is an all-round fitness program.

Remarkably, in a world where we sometimes seem too busy to connect to those around us, participants say Redmond's Jazzercise class has become a social community for them. Many students have been attending for several years. It has become a place for them to enjoy fitness with friends.

Start anytime, the first class is free!

### Redmond Jazzercise Class Schedule

Mon/Wed/Fri 8 am & 9:30 am (childcare at 9:30 session - \$2 per child)

Tues/Thurs 9:30 am (childcare - \$2 per child)

Mon/Tues/Thurs 5:30 pm

Sat 8:30 am

Fee: EFT \$36/month, 8 week pass \$85